

Why MRT?

Moral Reconciliation Therapy (MRT)

MRT is a cognitive-behavioral program that combines education in a group environment and individual assignments designed to foster moral development in treatment-resistant clients.

MRT addresses beliefs and reasoning. It is a systematic, step-by-step group approach for treatment-resistant clients. The program is designed to alter how clients think and make judgments about what is right and wrong. The MRT system approaches the problem of treating resistant populations as a problem of low levels of moral reasoning. Moral reasoning represents how a person makes decisions about what he or she should or should not do in a given situation.

MRT has been recognized as a "Best Practice," "Cost Effective Practice," "Effective Approach," "Proven Treatment," "Innovative Practice," and/or a "Practice Proven to Reduce Recidivism" by the: National Drug Court Institute; Citizens' Crime Commission of Portland; SAMHSA (Juveniles); North Carolina Department of Correction; United Nations Programme Network Institutes; University of Maryland researchers; Oregon Office of Alcohol and Drug Abuse Programs; and Koch Crime Institute.



Start Your MRT Journey:

*Contact your
Probation Officer for
more information about this
life changing program.*

WHAT WILL CHANGE?

Throughout the program, your beliefs, attitudes and behaviors will be confronted. All the current relationships in your life will be assessed. *Future goals will be identified.* **You will learn to heal and accept yourself.** *New positive ways of thinking will replace your old thought patterns.* **You will become adaptable, honest, and HAPPY!**

CAN MRT HELP ME?

- YES! Everyone can benefit from a close look at choices made in the past, so even better choices can be made in the future.

WHAT ABOUT THE COST?

- Your cost is just \$25 for the workbook.
- Classes are offered around Yavapai County, making getting to class fairly easy and inexpensive.

DO I HAVE TIME FOR THIS?

- The program is self-paced and typically completed in six to eight months.
- Get credit for community restitution hours when you attend.
- Classes meet just one evening per week for about 90 minutes.